

### Abstract

The provision of a GM-CSF increasing agent or a TNF- $\alpha$  modulator, which is a composition comprising *Cucurbita moschata*, *Carthamus tinctorius*, *Plantago asiatica* and  
5 *Lonicera japonica*; or a health food, nutritional supplementary food, or the like for increase of GM-CSF, and the prevention of Crohn's disease and the like, and the prognosis thereof, which comprises *Cucurbita moschata*, *Carthamus tinctorius*, *Plantago asiatica* and *Lonicera japonica*.

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